

Young Women Packing List

Cart Items

Everybody will be allotted space on the cart for one (1) 5-gallon bucket and lid. Individuals are responsible for acquiring a bucket, though wards may organize an activity to add a seat pad to the buckets. The following items are to be packed in that bucket:

Clothing*

- 1-2 long-sleeved blouses
- 1-2 full, longer skirts (mid-calf to ankle length)
- 1-2 pairs of under dress legwear
- 1-2 aprons (optional)
- Comfortable walking shoes
- Shoes with good grip - optional
- 3 pairs of socks (minimum)
- 2-3 extra sets of underclothing
- 1 bonnet or wide brimmed hat
- Pajamas or Sweats for nighttime
- Jacket
- Rain poncho (or heavy-duty plastic garbage bag)

Toiletries

- Toothbrush and toothpaste
- Small hand towel
- Comb and/or hairbrush
- Antiperspirant / Deodorant
- Headlamp or flashlight with fresh batteries
- Small package of hand/baby wipes
- Hand sanitizer
- Moleskin for blisters
- Insect repellent
- Prescribed medications if needed
- Feminine Hygiene Products
- Minimal makeup and compact mirror, if desired

Personal Items (pack in ziplock bag for protection)

- Old set of scriptures / paperback copy of the Book of Mormon
- Personal journal and pen

*some clothing will be worn first day and should not be packed in the bucket

Haversack Items

Haversacks will be provided by the stake at your ward bucket checks. These items should be carried in that to be readily available on the trail:

- Work gloves (for pushing cart)
- Sunglasses
- Sturdy, 20-oz water bottle
- Chapstick or lip balm
- Sunscreen
- Face masks (several)
- Small spray bottle (to help keep cool)
- Items as needed for easy access from bucket list (moleskin, hand wipes, etc.)

Sleeping Gear

Sleeping gear will be transported from site to site for you. Ensure it is labeled and bound together with cords, rope, or in a bag.

- 1-2 person tent or cot
- Sleeping bag and pillow
- Sleeping pad